

IOWA CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What does abduction refer to in terms of body movement?**
 - A. Moving a body part toward the midline
 - B. Rotating a body part
 - C. Moving a body part away from the midline
 - D. Flexing a body part
- 2. What is a stroke a result of?**
 - A. Damage to the heart
 - B. Blockage of blood flow to the brain
 - C. Excess body weight
 - D. Memory loss
- 3. What is a tumor?**
 - A. A type of infection
 - B. A new growth of abnormal cells that can be benign or malignant
 - C. A form of tissue damage
 - D. A collection of fluid in a cavity
- 4. Which term describes moving a limb in closer to the body's midline?**
 - A. Supination
 - B. Adduction
 - C. Abduction
 - D. Flexion
- 5. How is a simple fracture defined?**
 - A. The bone is broken in place
 - B. The bone has come through the skin
 - C. The bone is shattered into multiple pieces
 - D. The bone is fractured with no exposure
- 6. What is a small hard deposit that forms in the kidney commonly referred to as?**
 - A. Kidney cyst
 - B. Kidney stone
 - C. Nephrolith
 - D. Urinary tract infection

7. What is the meaning of diuresis?

- A. Painful urination
- B. Process of passing urine in large amounts
- C. Infection in the urinary tract
- D. Stones forming in the kidneys

8. What condition is characterized by hair loss?

- A. Hirsutism
- B. Alopecia
- C. Dandruff
- D. Pediculosis

9. What condition is characterized by thought or social skills affecting daily functions?

- A. Dementia
- B. Congestive heart failure
- C. Alzheimer's disease
- D. Stroke

10. Which of the following is the first step in accepting terminal illness?

- A. Depression
- B. Bargaining
- C. Denial
- D. Acceptance

Answers

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1. C
2. B
3. B
4. B
5. A
6. B
7. B
8. B
9. A
10. C

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Explanations

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1. What does abduction refer to in terms of body movement?

- A. Moving a body part toward the midline
- B. Rotating a body part
- C. Moving a body part away from the midline**
- D. Flexing a body part

Abduction refers specifically to the movement of a body part away from the midline of the body. This movement is critical in various activities and is commonly demonstrated by raising the arms or legs outward. For instance, when you lift your arms to the side, you are performing abduction. Understanding this concept is essential for CNAs as it relates to helping patients with mobility and exercises, ensuring they can perform movements safely and effectively. The distinction between abduction and other types of movements is significant. For example, moving a body part toward the midline describes adduction, while rotating pertains to the action of twisting around an axis, and flexing involves decreasing the angle between two body parts, typically in a joint. Recognizing these terms and their meanings helps in providing appropriate care and understanding patient needs in rehabilitation or movement assistance.

2. What is a stroke a result of?

- A. Damage to the heart
- B. Blockage of blood flow to the brain**
- C. Excess body weight
- D. Memory loss

A stroke typically occurs due to a blockage of blood flow to the brain, which is accurately represented by the selected answer. This blockage can result from a variety of issues such as a blood clot or the narrowing of blood vessels. When the blood flow is interrupted, brain cells begin to die due to a lack of oxygen and nutrients, leading to the symptoms and effects associated with a stroke. Understanding the causes of a stroke is essential for prevention and management in healthcare settings. Recognizing that a stroke is primarily related to cerebrovascular issues highlights the importance of maintaining vascular health, managing risk factors such as high blood pressure, and making lifestyle changes to improve overall cardiovascular wellness. While other options might relate to general health concerns, they do not pertain specifically to the mechanisms of a stroke. Damage to the heart may influence overall health but does not directly describe a stroke. Excess body weight can increase risk factors for stroke but is not a direct cause, and memory loss, while it can be a consequence of strokes or other neurological conditions, is not a cause in itself. Thus, the focus on blood flow blockage provides the most accurate understanding of what leads to a stroke.

3. What is a tumor?

- A. A type of infection
- B. A new growth of abnormal cells that can be benign or malignant**
- C. A form of tissue damage
- D. A collection of fluid in a cavity

A tumor is defined as a new growth of abnormal cells that can be either benign (non-cancerous) or malignant (cancerous). This definition emphasizes the nature of tumors as abnormal proliferations of cells that arise from various tissues in the body, often due to genetic mutations or other factors that disrupt normal cell division and growth. The distinction between benign and malignant tumors is significant. Benign tumors usually grow slowly and do not invade surrounding tissues or spread to other parts of the body, whereas malignant tumors can invade nearby structures and may metastasize to distant sites, posing a serious health risk. Understanding tumors is essential in healthcare as it forms the basis for diagnosing and treating various conditions associated with cancer and other disorders. This definition aligns with the fundamental concepts of oncology and cellular biology, serving as a cornerstone for CNA training and patient care knowledge.

4. Which term describes moving a limb in closer to the body's midline?

- A. Supination
- B. Adduction**
- C. Abduction
- D. Flexion

The term that describes moving a limb closer to the body's midline is adduction. This movement involves bringing a body part inward, reducing the angle between that part and the midline of the body. For instance, when you lower your arms from an outstretched position back to your sides, you are performing adduction. Understanding adduction is crucial in various contexts, such as physical rehabilitation, exercise science, and anatomy. It helps to differentiate it from related movements; for example, abduction refers to moving a limb away from the midline, while flexion generally pertains to decreasing the angle between body parts, such as bending a joint. Supination involves a specific rotational movement, primarily of the forearm or foot, and does not pertain to the midline movement. These distinctions are important for accurately describing physical movements in healthcare and fitness settings.

5. How is a simple fracture defined?

- A. The bone is broken in place**
- B. The bone has come through the skin
- C. The bone is shattered into multiple pieces
- D. The bone is fractured with no exposure

A simple fracture, often referred to as a closed fracture, is defined specifically by the fact that the bone is broken but remains aligned and intact within the surrounding tissue, meaning there is no exposure to the skin. This situation distinguishes it from other types of fractures where there may be more severe complications. For example, in a compound fracture, the bone would break and protrude through the skin, leading to a higher risk of infection and complicating treatment. A comminuted fracture, on the other hand, involves the bone being shattered into multiple pieces, which requires a different approach to healing. Therefore, stating that a simple fracture is defined as the bone being broken but without any exposure underscores its nature as the least complicated type of bone fracture. This understanding is crucial for proper assessment and management in a clinical context.

6. What is a small hard deposit that forms in the kidney commonly referred to as?

- A. Kidney cyst
- B. Kidney stone**
- C. Nephrolith
- D. Urinary tract infection

A small hard deposit that forms in the kidney is commonly known as a kidney stone. These stones are primarily composed of mineral and acid salts that crystallize in the urine, leading to potential obstruction and painful symptoms when passing through the urinary tract. Kidney stones can vary in size and type, and the formation conditions include factors such as hydration levels and dietary content. While kidney cysts are fluid-filled sacs on the kidneys, they are not solid deposits and do not consist of the same mineral composition as kidney stones. Nephrolith is actually a term that refers to a kidney stone as well, but it is more clinical and less commonly used in everyday language compared to the term "kidney stone." A urinary tract infection refers to an infection in the urinary system and is not related to the formation of hard deposits in the kidneys. Therefore, the designation of a kidney stone aligns clearly with the definition of a small hard deposit in the kidneys.

7. What is the meaning of diuresis?

- A. Painful urination
- B. Process of passing urine in large amounts**
- C. Infection in the urinary tract
- D. Stones forming in the kidneys

Diuresis refers to the process of increased production and excretion of urine by the kidneys. This can occur as a natural response to various factors, such as increased fluid intake or the use of certain medications that promote urination. It's important in medical contexts, as it can provide valuable insights into a patient's hydration status and kidney function. Understanding diuresis can assist CNAs in monitoring patients' fluid balance and recognizing potential issues related to kidney health or hydration. The other options refer to different urinary conditions: painful urination describes a symptom rather than a process, an infection in the urinary tract refers to a pathology that can affect urine production, and stones in the kidneys pertain to a specific condition that may disrupt normal urinary function rather than describe the process of diuresis itself.

8. What condition is characterized by hair loss?

- A. Hirsutism
- B. Alopecia**
- C. Dandruff
- D. Pediculosis

The condition characterized by hair loss is alopecia. Alopecia can manifest in various forms, including total hair loss on the scalp (alopecia areata) or thinning hair (androgenetic alopecia). The underlying causes can vary widely, encompassing genetic factors, autoimmune disorders, hormonal changes, and nutritional deficiencies. In contrast, hirsutism refers to excessive hair growth in areas where men typically grow hair, which is unrelated to hair loss. Dandruff is a common scalp condition that leads to flaking and itching but does not cause hair loss. Pediculosis, commonly known as head lice, involves an infestation of the scalp and can lead to itching and irritation but does not directly cause hair loss. Understanding these distinctions is crucial in recognizing the specific characteristics and implications of each condition.

9. What condition is characterized by thought or social skills affecting daily functions?

- A. Dementia**
- B. Congestive heart failure
- C. Alzheimer's disease
- D. Stroke

Dementia is a condition that notably affects cognitive functions such as memory, reasoning, and social skills, which can significantly impact a person's daily life. Individuals with dementia often experience difficulties with communication, understanding social cues, and performing everyday activities. These impairments can lead to challenges in maintaining relationships and managing personal care, ultimately affecting their quality of life. While Alzheimer's disease is a type of dementia and is characterized by similar cognitive decline, the term "dementia" encompasses a broader range of conditions that cause cognitive impairment. Congestive heart failure and stroke, on the other hand, primarily relate to heart and brain functions, respectively, and while they may lead to cognitive issues in some cases, they are not defined by social skills or thought processes affecting daily functions in the primary sense. Therefore, the most accurate choice in this context is dementia, as it directly aligns with the description of how thought and social skills can impact daily living.

10. Which of the following is the first step in accepting terminal illness?

- A. Depression
- B. Bargaining
- C. Denial**
- D. Acceptance

Denial is generally regarded as the first step in the process of accepting a terminal illness. This stage is characterized by an individual's initial reaction to the diagnosis, where it may be difficult to fully comprehend the implications of what has been communicated. During this phase, the individual might refuse to acknowledge the reality of their illness, as it can be overwhelming both emotionally and psychologically. This defense mechanism allows the person time to process their feelings and gather strength before confronting the situation more directly. As individuals move beyond denial, they may experience other stages, such as anger, bargaining, depression, and eventually, acceptance. Understanding that denial is a natural and common response helps individuals and health professionals provide supportive care that respects the emotional journey of patients facing terminal illnesses. This foundational phase emphasizes the importance of empathy and communication in nursing care, as individuals navigate their feelings and move toward other stages of grief and acceptance.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://iowacna.examzify.com>

We wish you the very best on your exam journey. You've got this!

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